

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1

JUN 28 1932
U. S. DEPARTMENT OF AGRICULTURE

HOUSEKEEPERS' CHAT.

Monday, June 27, 1932

(FOR BROADCAST USE ONLY)

Subject: "Using Summer Left-Overs." Information from the Bureau of Home Economics, U.S.D.A.

Just how Monday happened to get the name of "blue Monday" I'm sure I don't know. It seems a gloomy name for a good day. But my friend Marian Lee tells me that Monday is a blue day for her because of the contents of her refrigerator.

"It makes me down-hearted just to look in my ice-box on a Monday, Aunt Sammy," said she last week. "So many left-overs to use up. I guess left-overs are like the poor--they're always with us. Anyway, no matter how carefully I plan my Sunday dinner, something is sure to be left. And my husband complains bitterly about being served warmed-over food. It's in vain that I tell him the food must be used up and not wasted. He says he doesn't like it and that's that."

I asked Marian Lee what she had on hand in her refrigerator that day.

"Some scraps of meat, for one thing, Aunt Sammy. A few pieces left from the beef roast we had yesterday and a couple of cold lamb chops left from Saturday. Then there are some mashed potatoes. Is there anything drearier than a bowl of cold mashed potatoes? There are also a few cold cooked vegetables--carrots and peas mostly. My, how my husband will hate to see those carrots and peas appearing on the table again. And he won't like the warmed-over mashed potatoes any better."

Well, I say it's all in the point of view--this matter of left-overs. I for one don't agree with Marian Lee that left-overs are anything to be sad about. Neither does the Recipe Lady. I talked to her yesterday and I find that she's an optimist on the subject. Far from being gloomy about a refrigerator filled with cooked food, she thinks it should be a cause for rejoicing.

"Of course, it's monotonous if you serve the same old food in the same old way day after day," she said. "But think of all the tempting new dishes you can make of previously cooked food. Think of the ways you can use into even the tid-bits, turn them into dishes that look different and taste different."

I told the Recipe Lady about Marian Lee's scraps of meat, cold mashed potatoes and cold cooked vegetables.

"What would you do with a combination like that?" I asked her.

She was all ready with a reply.

"The meat I'd grind up and season with tomatoes and other seasonings and

serve on toast. Savory meat on toast, I call that. And I don't know anything better for a family supper. You can use left-over pieces of beef, lamb or pork for this dish. That makes it good for almost any kind of meat left-overs. As for the mashed potatoes, I'd mold them into little flat round potato cakes and brown them in the oven or the skillet. Then the carrots and peas. I'd make a salad of them."

"But there aren't enough. Marian Lee said there were just a few left."

"That's all right for the kind of salad I'm planning--a jellied vegetable salad. I'd mold the carrots and peas in a tart gelatin mixture and, when the jelly was set, I'd serve the molds on crisp lettuce with mayonnaise. This makes a very pretty salad and an economical one. You can fix it the day before and keep it in your ice-box until you're ready to serve it. There now, Aunt Sammy. Those are very easy ways to fix up left-overs and not one of them will have a warmed-over look or a warmed over taste. Even the most fastidious husband ought to be suited with these dishes, don't you think?"

That brings me to the economy meal for today and the recipe for savory meat on toast.

Here's the menu, featuring some of these usual left-overs: Savory meat on toast; Mashed potato cakes; Jellied vegetable salad; Peanut butter cup cakes; and Iced tea.

If you have a green cookbook, you'll find the recipe for the savory meat on toast on page 20. But if you don't own a book, get out your pencil and listen. For I'm going to give you that good recipe right now.

2 or 3 cups of chopped cooked lamb, beef or pork
4 cups of chopped celery stalk and leaves
1 small onion, chopped
2 cups of canned tomatoes
1 teaspoon of salt
pepper
2 tablespoons of butter or other fat
2 tablespoons of flour, and
Toast

According to my count, that makes nine ingredients. (Repeat.)

Combine the celery, the onion, the tomatoes, and the salt and pepper, and cook for about 10 minutes. Add the blended fat and flour and stir until the mixture is thickened. Add the cooked meat and heat in mixture thoroughly. Serve on slices of thin crisp toast.

If you want to treat your family to cake with a different flavor, try cup cakes made with peanut butter. You'll find a recipe for peanut butter cup cakes on page 117 of the green cookbook. These little cakes are made just like any other butter cake, only half the fat called for is peanut butter and half is plain butter or other fat.

But let's return now to the subject of left-overs in general and how to make a little go a long way. Suppose the food left from a meal is just a very

small amount, too little to be served again in the same form, even if you wanted to. What to do with it?

"Well," says the Recipe Lady, "that's the time to combine it with an extender."

Did you ever hear of an extender? It's something to help you stretch the little you have. Sauces of all sorts--white sauce, tomato sauce, cheese sauce, Hollandaise sauce and gravy all make convenient extenders. Gelatin is another extender. That vegetable salad is one example of gelatin used this way. Bread crumbs, rice and so on make still different kinds of extenders.

Most left-over meats can be extended by the use of gravy. If you haven't gravy, you can use white sauce with a little beef extract in it. Or tomato sauce. If, even with the sauce, you haven't enough of the mixture, you can extend the meat still farther with hard-cooked eggs. For example, the Recipe Lady tells me that chipped beef and diced hard cooked eggs are excellent creamed together. You can stretch a bit of chicken by dicing it, creaming it and adding diced hard cooked eggs.

For warm weather, gelatin makes a most useful extender. Suppose you have some chicken, ham or veal left over. You can make a jellied loaf of this meat, a cold loaf which you can slice and serve with catsup, chili sauce, horseradish or mustard pickles. Nice for a summertime lunch. Any left-over vegetables you can convert into a jellied vegetable salad. Left-over fruits--cooked or raw--make an attractive jellied dessert.

By the way, one of the most delicious and good-looking gelatin salads I know is that one pictured and described in the lamb leaflet. It is pineapple and cucumber mint salad, tinted green, flavored with mint, diced pineapple and cucumber molded in it. A very nice salad to serve with lamb.

Starchy foods like rice, potatoes, macaroni and so on are very good combined with either cheese or tomato sauce. Cheese sauce is delicious also with eggs or with cauliflower.

Many foods prepared with a sauce you can extend still further by scalloping. In a scalloped dish, you see, you have two extenders-- the sauce and the bread crumbs. These dishes, like any others, require skill in combining and seasoning. I'm sure you and I have both tasted many an unsuccessful scallop in our day. Scalloped potatoes that were too dry, had too little white sauce and too many bread crumbs. Vegetable scallops baked too long or lacked salt. Scalloped salmon just floating in a thin sauce. Let's rule these out. It pays to use time and patience on left-overs, never to slap them together carelessly. Seasoning is always very important when dishes are remade.

The same is true of gelatin dishes. If you use too much gelatin and try to make them up too quickly, they are likely to be tough and tasteless. Use just enough gelatin to make a tender but firm mold. It will take more time to set but the result will be worth it.

Tuesday: "Saving Feet and Shoes."

